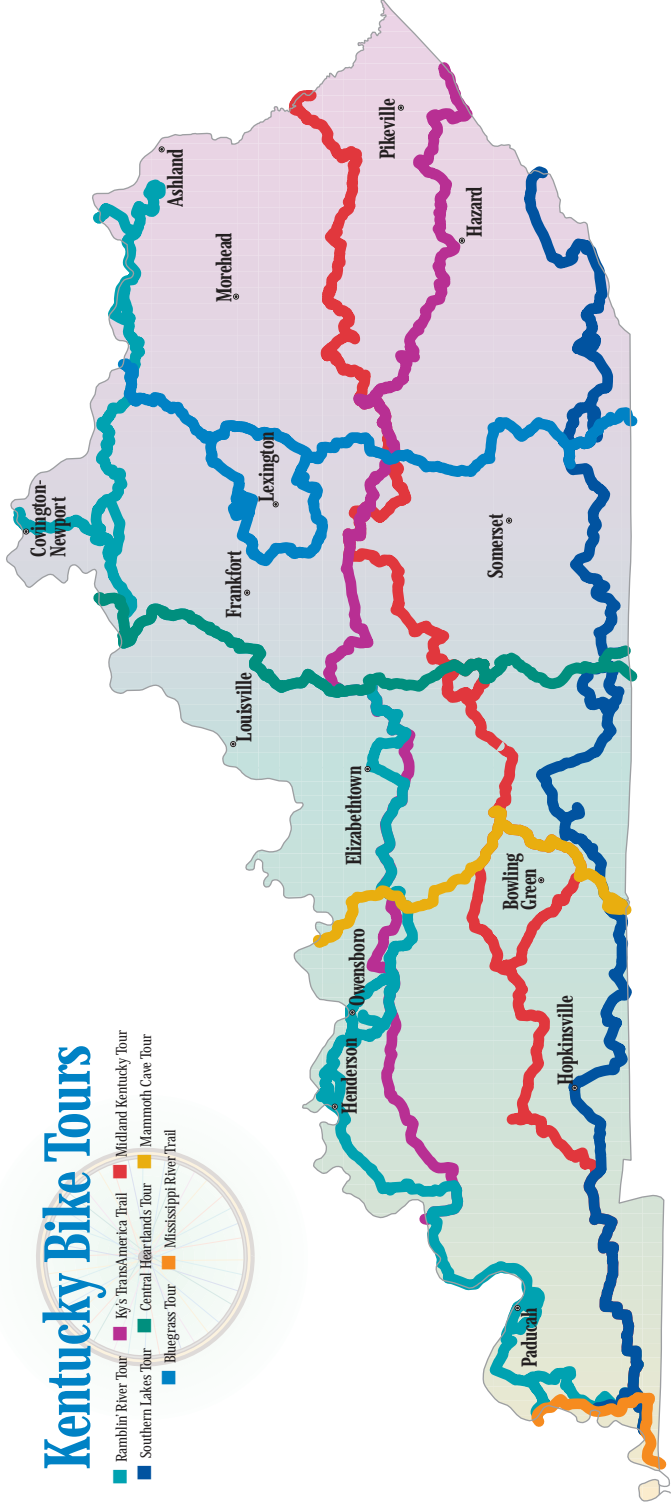


Kentucky Bicycle Tours



Kentucky Bike Tours

- Ramblin' River Tour
- Ky's TransAmerica Trail
- Midland Kentucky Tour
- Southern Lakes Tour
- Central Heartlands Tour
- Mammoth Cave Tour
- Bluegrass Tour
- Mississippi River Trail



Welcome to Kentucky.

You've chosen a great state to bicycle in!

Kentucky's scenic beauty, varied topography, and the generally temperate climate are the perfect ingredients for a great cycling adventure.

The routes in this guide crisscross Kentucky to provide as many opportunities as possible to enjoy Kentucky's landscape and tourism attractions. You'll see all eight tour routes on the state map above.

All routes except the Trans-America Trail were designated by instate cycling experts working with the Kentucky Transportation Cabinet's Division of Multimodal Programs and the Kentucky Bicycle and Bikeways Commission. For the most part, the recommended routes are along less traveled roads so as to avoid interstates, parkways and major thoroughfares.

We've named the tours as follows to provide an idea about what you'll see along the way:



🚲 ***Ramblin' River Tour*** 🚲

🚲 ***Bluegrass Tour*** 🚲

🚲 ***Midland Kentucky Tour*** 🚲

🚲 ***Southern Lakes Tour*** 🚲

🚲 ***Central Heartlands Tour*** 🚲

🚲 ***Mammoth Cave Tour*** 🚲

🚲 ***Kentucky's TransAmerica Bike Trail*** 🚲

🚲 ***Mississippi River Trail*** 🚲

Please note that the publication of these tour routes does not in any way guarantee the safety of the route for use by bicyclists. They are suggested only as more suitable than others for biking. You assume your own risk using these roads as you would using any roads. We've provided suggested safety tips later on in this guide. Our goal is for you to have the safest and best Kentucky cycling experience possible!

For Topographic & County Maps

Topographic and individual county maps are available from:

Kentucky Map Sales

133 Holmes St., Frankfort, KY 40601

(502) 564-4715 (8am - 4:30pm EST)

FAX (502) 564-4083

They also have an 11" x 14" book of all 120 Kentucky county maps for \$14.00 plus tax and shipping and handling.

Climate

Kentucky has a temperate climate. The mean annual temperature ranges from 54 degrees F in the northeast to 58 degrees F in the southwest.

Annual precipitation averages 48 inches, including an average snowfall of 13.7 inches. The wettest seasons are spring and summer, and the driest is the fall.

Spring and fall usually require light wraps, especially in the evenings. Summers can be very warm, but cool evenings are not unusual. The chart below provides the average high and low temperatures.



<u>Month</u>	<u>Fahrenheit</u>	<u>Celsius</u>	<u>Month</u>	<u>Fahrenheit</u>	<u>Celsius</u>
January	40/23	4/-5	July	86/66	30/19
February	44/25	7/-4	August	85/65	29/18
March	54/34	12/1	September	79/58	26/15
April	66/44	19/7	October	68/46	20/8
May	75/54	24/12	November	54/36	12/2
June	83/62	28/17	December	44/28	7/-2

The TransAmerica Bike Trail

More than 600 miles of the national TransAmerica Trail are in Kentucky, running from Crittenden County at the western border to Pike County at the eastern border. Riding the back roads of this trail is a great way to view a scenic cross-section of Kentucky. For the two maps which cover Kentucky, contact Adventure Cycling, P.O. Box 8308, Missoula, MT 59807, 406/721-1776. The maps are \$9.50 each, plus shipping and handling. Email acabike@aol.com

Mountain Biking

There are many areas in Kentucky for mountain biking. Some of the sites include the Big South Fork National River & Recreation Area 615/879-3625, Land Between The Lakes 502/924-5602 & KY



Visitors Center, Stearns, KY 606/376-5073 (summer months), and the Daniel Boone National Forest 606/745-3100. For more information on sites and rides, contact the Kentucky Mountain Bike Association, P.O. Box 5433, Louisville, KY 40255-0433, 502/

569-7676 (voice mail). For information on the mountain bike festivals at Ski Butler in Carrollton, contact Richard Matthews, 4770 Squiresville Road, Owenton, KY 40359, 502/484-2998.

Rail Trails

There are very few miles of rail trails in Kentucky. This should change over the next few years as abandoned railways are developed as trails. Partnerships of local citizens, businesses and governmental agencies will undertake the development and management of rail trail projects. There are some projects in the beginning phases in 1997. For Information contact the Kentucky Rails to Trails Council, P.O. Box 24963, Lexington, KY 40524-4963, 606/744-0019. kyrtrail@juno.com

Kentucky Bicycle Events

Although there are numerous cycling events held across the state each year, the following are annual "blowouts," with something to interest every cyclist. Please be sure to call the contact numbers listed for specific information on dates and times, especially before traveling long distances.

Early April – Mudfest Ski Butler at General Butler State Resort Park, Carrollton. The oldest and largest mountain bicycle festival in the Midwest has events for all ages and skill levels. 502/484-2998. E-mail – BikeButler@aol.com

Mid April – Dogwood Trail Ride 11-mile family ride, 502/442-0751

Early May – Bald Eagle Mountain Bike Challenge 502/442-0751



Kentucky Bicycle Events (cont.)

Mid May – Little River Bicycle Tour Hopkinsville. A choice of routes through Western Kentucky. 502/885-3820

Mid May – Tour de Heart Louisville to Carrollton. A two-day benefit bicycle tour from E.P. “Tom” Sawyer State Park to General Butler State Resort Park. 502/589-3956.

Late May – Mammoth Cave Bicycle Tour Bowling Green. A choice of routes including a 62-mile roundtrip to Mammoth Cave National Park. 502/781-2729



Late May – Horsey Hundred Georgetown. A choice of routes throughout the Bluegrass horse farm country of Central Kentucky, P. O. Box 8044, Lexington, KY 40533.

Early June – Fat Tire Boogie Ski Butler at General Butler State Resort Park, Carrollton. 502/484-2998. E-mail – BikeButler@aol.com

Mid July – Mud, Sweat & Gears! Ski Butler at General Butler State Resort Park, Carrollton. A mountain bicycle festival, highlighted by a dual slalom race. 502/484-2998. E-mail – BikeButler@aol.com



Late July – Paducah Summer Festival Bicycle Stage Race This is one of the largest stage races in the mid-South, with routes through downtown Paducah and Land Between the Lakes. 502/442-0751

Mid August – RACK (Ride Across Kentucky) 502/442-0751

Late August – Off-Road Triathlon Ski Butler at General Butler State Resort Park, Carrollton. 502/484-2998. E-mail – BikeButler@aol.com

August - September – Kentucky Open 8th Annual State Championship Ski Butler at General Butler State Resort Park, Carrollton. 502/484-2998. E-mail – BikeButler@aol.com

Early September – Black Patch Metric Century Princeton. Part of the town’s annual harvest festival, this event features 20,30, 45 and 62-mile routes through Western Kentucky. 502/365-3556

Mid September – BIKEFEST Louisville. This bicycle festival is packed full of demonstrations, exhibits, entertainment and food. Special events include bike racing, touring, family events and more. 502/429-6891

Kentucky Bicycle Events (cont.)

Mid September – Bluegrass Cycling Club Century Lexington. Routes of 62 and 100 miles through Central Kentucky Bluegrass Region, P.O. Box 1397, Lexington, KY 40591.

Mid September – Misaligned Minds Paducah. A choice of 25, 40, 65 and 100-mile routes through scenic Western Kentucky. 502/442-0751

Mid September – Old Kentucky Home Bicycle Tour Louisville to Bardstown. Enjoy a scenic two-day ride on Kentucky backroads with a choice of routes. 502/329-1848

Late September – Bike Trek to Shaker-town, South Union Bike ride to Shaker-town, South Union, 15, 25, and 50 miles. (502) 781-2729

Late September – Bike Trek to Shaker-town, Pleasant Hill This bicycle tour of Central Kentucky's scenic backroads includes a visit to Shaker Village, with a choice of two or three-day trips. 800/586-4872



Early October – Red River Rally Lexington. A roundtrip trek to the spectacular Red River Gorge area of the Daniel Boone National Forest, P.O. Box 1397, Lexington, KY 40591.

Mid October – Bike Butler's Fall Race Ski Butler at General Butler State Resort Park, Carrollton. Events for all levels, including an eight-hour team relay competition. 502/484-2998. E-mail – BikeButler@aol.com



Mid November – LBL Mountain Bike Race 502/442-0751

Safety Tips

We recommend following these general safety tips to ensure the safest ride possible. Remember, a bicycle is a legal vehicle and is subject to all the rights and responsibilities of other vehicles. You must obey all traffic laws, signs and signals.

- ⊗ Ride a bicycle on the right side of the road with traffic.
- ⊗ Always wear a helmet.
- ⊗ Use hand signals to communicate your intended actions to motorists. Establish eye contact with motorists at intersections whenever possible.
- ⊗ Riding on interstate and parkway roads is prohibited.
- ⊗ When riding at night, a bike must have visible lights and reflectors in the front and rear. The night bicyclist should wear bright, reflective clothing.
- ⊗ Bicycle riding on sidewalks is not prohibited by state law, but local ordinances may prohibit it.
- ⊗ Yield to pedestrians at crosswalks and on sidewalks. Give an audible signal - bell, horn, voice - before passing pedestrians.
- ⊗ Ride no more than two abreast on the road, and stay in the same lane of traffic. Large groups should spread out to allow motorists to pass.
- ⊗ A bicycle may not legally carry more people than the number of seats it has on it.
- ⊗ Be courteous to motorists. Smile, wave and help them to pass you in a safe manner.
- ⊗ Ride defensively. Always be alert, and plan your bike route carefully.



Emergency Toll Free Number
1-800-222-5555

*Use this number to report accidents, crimes or drunk drivers.
Kentucky troopers stand ready to assist you at any time.*

Bicycle Clubs & Other Helpful Folks

The following contacts will provide specific routing information on their area. Simply state the day you will be in Kentucky, the major corridor you are arriving on, the length of your bicycling trip and your level of riding experience. Please include a self-addressed, stamped envelope with your request.

Western Kentucky

- ⊗ **Bikes & More**, 2935B Fort Campbell Blvd., Hopkinsville 42240, 502/885-0613, M-F 10-6, Sat. 9-5
- ⊗ **Chain Reaction Cycling Club**, 848 Joe Clifton Drive, Paducah 42001-3746, 502/442-0751
- ⊗ **Kennessee Bicycle Club**, P.O. Box 1401, Clarksville, TN 37041
- ⊗ **Madisonville Wheelmen**, 47 North Street, Madisonville 42431
- ⊗ **Larry Mansfield**, P.O. Box 456, Princeton 42445, 502/365-3556
- ⊗ **Bruce Thomas**, 1617 Navajo, Owensboro 42301, 502/684-6778 after 6p.m.



North Central Kentucky

- ⊗ **Bike Butler**, 4770 Squiresville Road, Owenton 40359-8516, PH/FAX 502/484-2998
- ⊗ **Bluegrass Cycling Club**, c/o George Stevenson, P.O. Box 1397, Lexington 40591-1397, 606/277-8873 after 6 p.m. Send \$2.00 for routes of 13 classic Bluegrass rides.
- ⊗ **Kentucky Rails to Trails Council, Inc.**, P.O. Box 24963, Lexington 40524-4963, 606/744-0019. kyrtrail@juno.com
- ⊗ **Louisville Bicycle Club**, established in 1897 as the Louisville Wheelmen, P.O. Box 35541, Louisville 40232-5541, voice-tel 502/329-1848. 1997 is the Club Centennial.



Bicycle Clubs & Other Helpful Folks (cont.)

- ❖ **Southern Indiana Wheelmen**, 111 West Highway 131, Clarksville, IN 47129, 812/948-2453
- ❖ **Cincinnati Cycle Club**, P.O. Box 800, Milford, OH 45150
- ❖ **Jerry Crouch**, 201 Cassidy, Lexington 40502, 606/266-6419
- ❖ **Richard Nave**, 4001 Dutchmans Lane #2E, Louisville 40207, 502/897-7300 noon-3

Southern Central Kentucky

- ❖ **Bowling Green Bicycle Club**, 1449 Saturn Way, Bowling Green 42104, 502/781-2729
- ❖ **Central Kentucky Wheelmen**, P. O. Box 4078, Elizabethtown 42701
- ❖ **Somerset Bicycle Club**, 4375 S. HWY 27, Somerset 42502

Eastern Kentucky

- ❖ **ATRA Bike Club**, c/o Dave Dale, P.O. Box 391, Ashland 41114
- ❖ **Don Fields**, Pro-Fitness, 852 South Lake Drive, Prestonsburg 41653, 606/886-8604



Kentucky Bicycle Shops

Western Kentucky

Gilbertsville — Wood'n Wave Bicycle and Water Sports, Kentucky Dam Village, 502/362-4271, ext. 387

Hopkinsville — Bikes & Moore, 2935-B Fort Campbell Blvd., 502/885-0613



Madisonville — Pedals Plus Bicycle Shop, 200 East Arch Avenue, 502/821-2213

Murray — Spoke and Pedal, Bel-Air Shopping Center, 502/753-0388

Owensboro — Owensboro Schwinn Cyclery, 1605-1 Scherm Road, 502/684-2775

Kentucky Bicycle Shops (cont.)

Paducah — Precision Bicycle, 3790-A Hinkleville Road, 502/443-5396; Rasche Cycle Co., 713 Kentucky Avenue, 502/443-5167; Bikeworld, 848 Joe Clifton Drive, 502/442-0751

North Central Kentucky

Bardstown — Bikes N Bargains, 216 N. 4th, 502/348-4096

Danville — Danville Bike & Fitness, 216 West Main, 606/238-7669

Elizabethtown — E-Town Schwinn Cyclery, 403 South Mulberry, 502/769-5767

Erlanger — Montgomery Cyclery, 3708 Dixie Highway, 606/342-7300

Florence — Wright Brothers Cyclery & Fitness, 8129 Mall Road, 606/283-2222

Leitchfield — Embry's Bike Division, 602 North Main, 502/259-3900

Lexington — Dodd's Cyclesports and Fitness, 1985 Harrodsburg Road, 606/277-6013; Pedal Power Bike Shop, 401 South Upper, 606/255-6408; Scheller's Fitness & Cycling, 212 Woodland Avenue, 606/233-1764; Tenth Gear Bicycle Shop, 521 Southland Drive, 606/278-1053

Louisville — Bardstown Road Bicycles, 1051 Bardstown, 502/485-9795; Bicycle Sport, 128 Breckinridge Lane, 502/897-2611; Dixie Schwinn Cyclery, 1803 Rockford Lane, 502/448-3448; Highland Cycle, 1737 Bardstown Road, 502/458-7832; Kentuckiana Bicycle Store, 754 Rockford Plaza, 502/447-5454; St. Matthews Schwinn Cycling, 106 Sears Avenue, 502/895-0553; Scheller's Fitness & Cycling, 8323 Preston Highway, 502/969-4100, 800/467-4147 & 11520 Shelbyville Road, 502/245-4147

Radcliff — Outdoor Ventures Schwinn, 1498 North Dixie, 502/351-5767

South Central Kentucky

Bowling Green — Howard's Cycling & Fitness, 604 Park Street, 502/782-7877; Nat's Outdoor Sports, 1121 Wilkinson Trace, 502/842-6211

Campbellsville — Eddie O's, 1204 East Broadway, 502/789-4330

Glasgow — Witty's Bike Shop, 120 Rogers Road, 502/651-5900

Greenville — Radical Riders BMX, 132 North Main, 502/338-0774

Somerset — Bennett Cycle Sports, 4375 S HWY 27, 606/679-9211

Eastern Kentucky

Ashland — Ashland Bicycle Center, 2126 Winchester Avenue, 606/325-0482

Barbourville — Coffey's Bicycle Sales, 505 Knox Street, 606/546-8622

Hazard — 12th Gear Bicycle Shop, 1495 Combs Rd, Suite 102, 606/439-4546


Middlesboro — Browns Bike Shop, 101 North 19th, 606/248-9293

Mt. Sterling — Eads Supply & Cycle Sales, Winchester Road, 606/498-0818

Prestonsburg — Pro-Fitness, 852 South Lake Drive, 606/886-8604

Map Features



Bicycle Routes

	Mammoth Cave
	Central Heartlands
	Bluegrass
	Ramblin' River
	Midland
	Southern Lakes
	Ky's TransAmerican
	Mississippi River








Multi-Lane Divided











	Interstate Highway
	4 Lane Parkway
	Other State Primary
	State Secondary








2 Lane

	Parkway
	State Primary
	State Secondary
	Rural

Other

	Railway
	State Line
	County Line
	Time Zone Line
	Major River
	Minor River/Stream
	Interchange

	Welcome Center
	Major Airport
	Other Airport
	State Police Post
	College or University
	Parks/Historical Sites
	Wildlife Management Area
	Town or City
	County Seat
	Mileage Between Dots

	Water Body
	Forest/Park/WMA
	Interstate
	State Highway
	State Highway/Bike Route
	US Highway
	US Highway/Bike Route

Ramblin' River

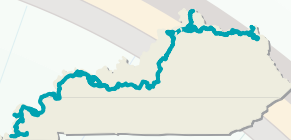
This tour will take you along the border of the state in Hickman at the Mississippi River in far western Kentucky to the South Shore at the Ohio River in northeastern Kentucky.

There are so many stops along the way it's impossible to mention them all in this space. We recommend calling **1-800-225-TRIP** for the *Official Kentucky Vacation Guide*.

Traveling east from the starting point the route will take you along the scenic bluffs of the **Mississippi River** shoreline.

Historic **Paducah** is located at the confluence of the Ohio and Tennessee rivers. It is known to many as "Quilt City USA." You are also just 25 miles from **Land Between the Lakes**, an outdoor recreation haven situated between giant Lake Barkley and Kentucky Lake.

A good stop in **Henderson** is the John James Audubon Museum and Nature Center. Amish families have settled near the river in gently rolling Crittenden County. **Owensboro** is Kentucky's third largest city and home of the International Bluegrass Music Museum. Be sure not to miss the barbecue here!




Rough River Dam State Resort Park is a good stop for a meal or overnight at the campgrounds or lodge.

Hodgenville is Abraham Lincoln's birthplace. There are several Lincoln sites in this area. **Bardstown** is home to the original My Old Kentucky Home made famous by Stephen Foster. There are so many other sites to see here you may want to take the day to get in what you can.

Taylorsville Lake State Park in Spencer County offers a stop for a quiet picnic along the forested shoreline. As you head north, you'll want to stop in **Shelbyville** for great antique shopping.

At **Carrollton**, overnight at General Butler State Resort Park. The resort restaurant overlooks the broad Ohio River valley.

A side trip will take you to the metropolitan area of **Northern Kentucky**. Soak in its German heritage as you dine on a floating restaurant, tour historic churches, or visit a micro-brewery. Don't miss a riverboat ride up the Ohio.

Traveling east, be sure to stop in **Maysville** and **Augusta** for a refreshing trip back in time to the days of Huck Finn. 

Ramblin' River Tour



Notes

- Ramblin' River Tour ■ Ky's TransAmerica Trail ■ Midland Kentucky Tour
- Southern Lakes Tour ■ Central Heartlands Tour ■ Mammoth Cave Tour
- Bluegrass Tour ■ Mississippi River Trail

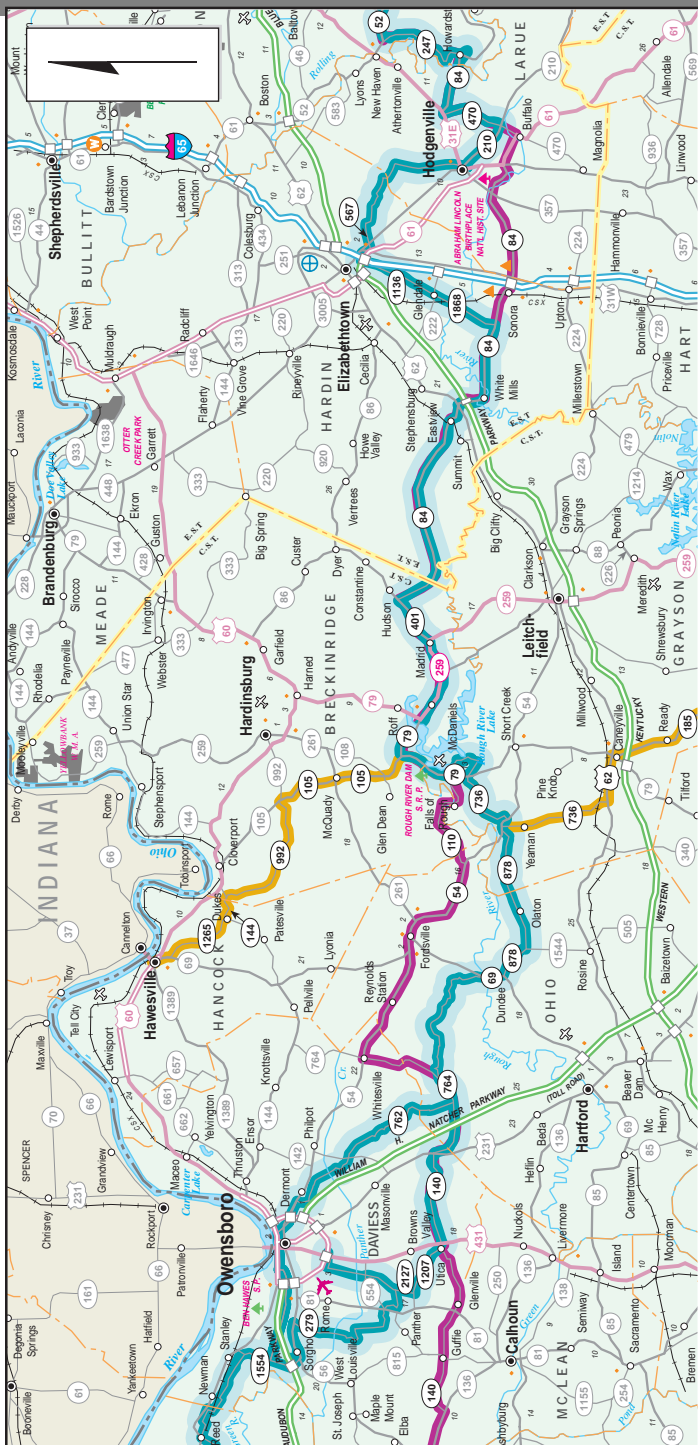
Ramblin' River Tour



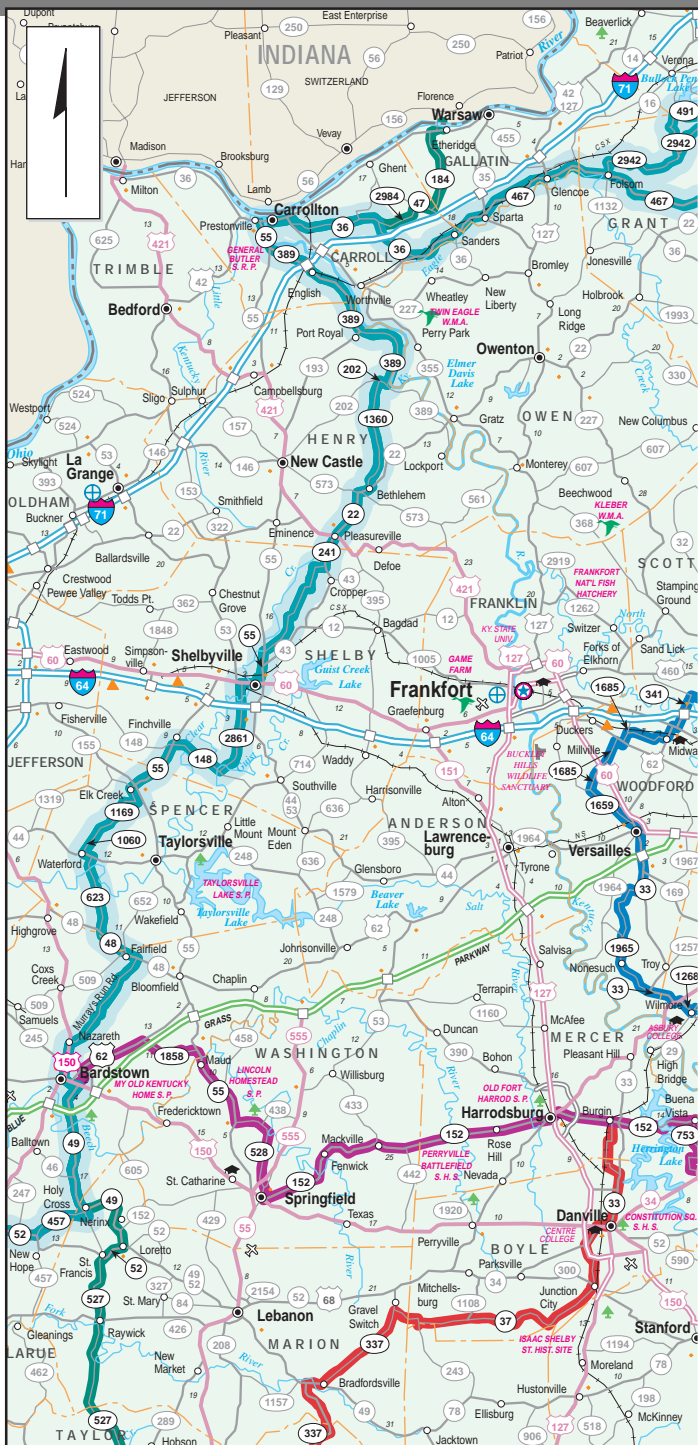
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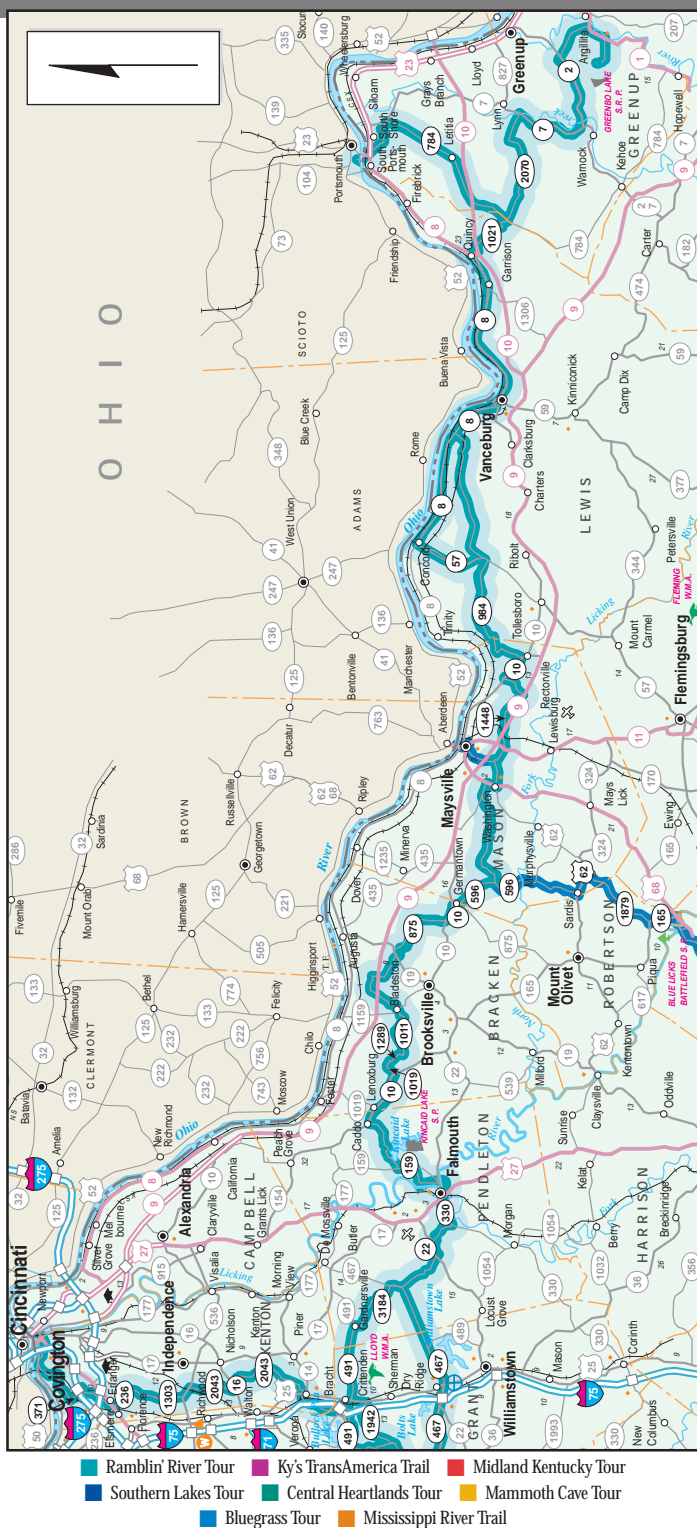


Ramblin' River Tour



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Ramblin' River Tour



Bluegrass

This tour through the heart of Kentucky begins

in the foothills of the Appalachians at the Kentucky-Tennessee border and travels through the famed Bluegrass region. For detailed information about the many interesting attractions and amenities along this route, call **1-800-225-TRIP** and ask for the *Official Kentucky Vacation Guide*.

Your first stop is gigantic **Cumberland Falls**. It is one of the few places in the world where you can see a moonbow on a regular basis. There is a state resort park at the site.

London is the home of Levi Jackson Wilderness Road State Park, with the Mountain Life Museum and McHargue's Mill, and the largest display of millstones in the country.

Renfro Valley Country Music Center began in 1939 with John Lair's network radio broadcasts. Today stage shows feature country music and the country's brightest stars in concert.


Berea has a national reputation as the home of many professional craftspeople and artists. It is also home to Berea College, founded in 1855 as the

South's first interracial college. At

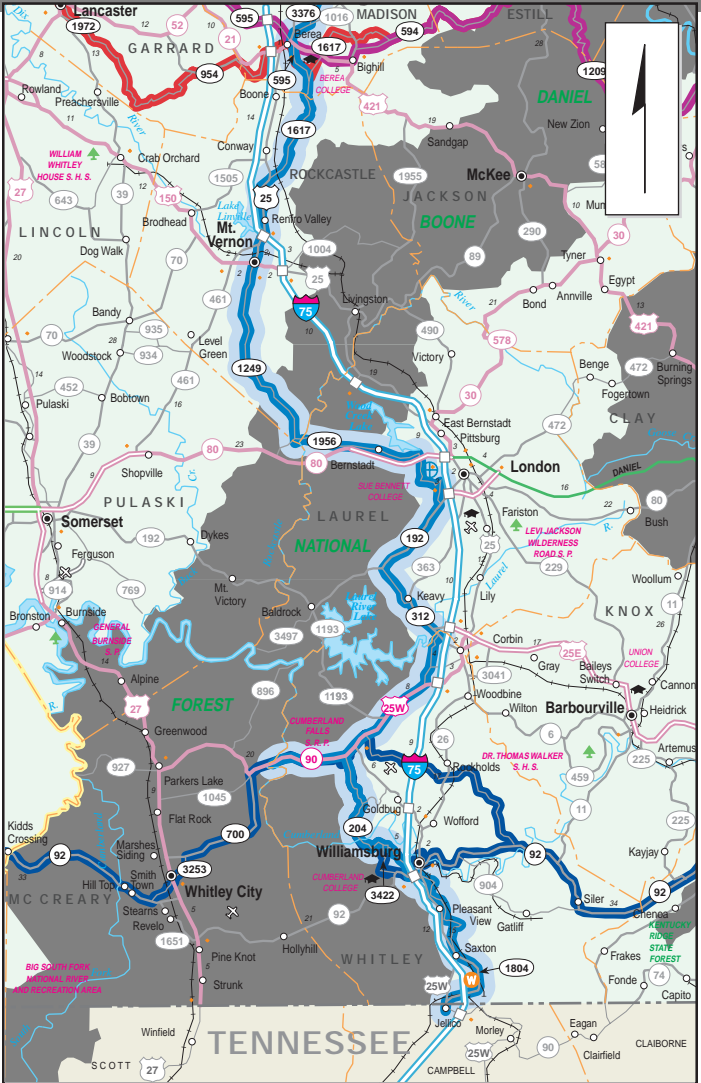
Fort Boonesborough

State Park tradesmen tell the story of Kentucky's second settlement as they work in the replicated fort. Daniel Boone and his men started the outpost on April 1, 1775.

Travel past picturesque horse farms and old stone fences en route to the 1,032-acre **Kentucky Horse Park** north of Lexington. This is the perfect way to learn about Kentucky's horse world. Attractions include Man o' War's gravesite, two wide-screen films, a harness maker and farrier, Parade of Breeds and Hall of Champions demonstration, guided trail rides, pony rides, and the fascinating International Museum of the Horse. The park also hosts championship equestrian events.

In the late 1700s settlers, pioneers and scouts floated down the Ohio River to the landing at Limestone, now **Maysville**. The Mason County Museum recreates the story of this pioneer gateway. **Old Washington**, 5 miles south, was an outpost for pioneers traveling the Buffalo Trace. There's a film at the visitor center, antique and craft shops, and the 1788 Brodrick's Tavern. 

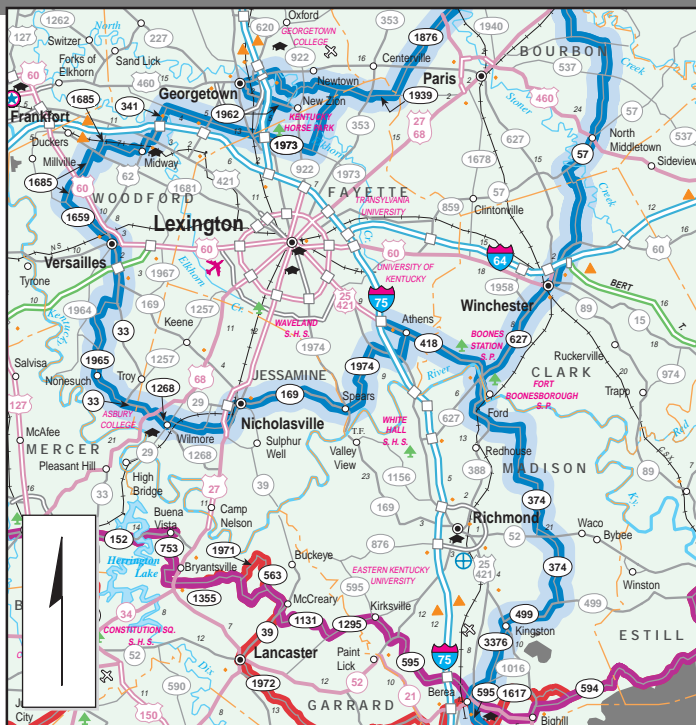
Bluegrass Tour



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Bluegrass Tour

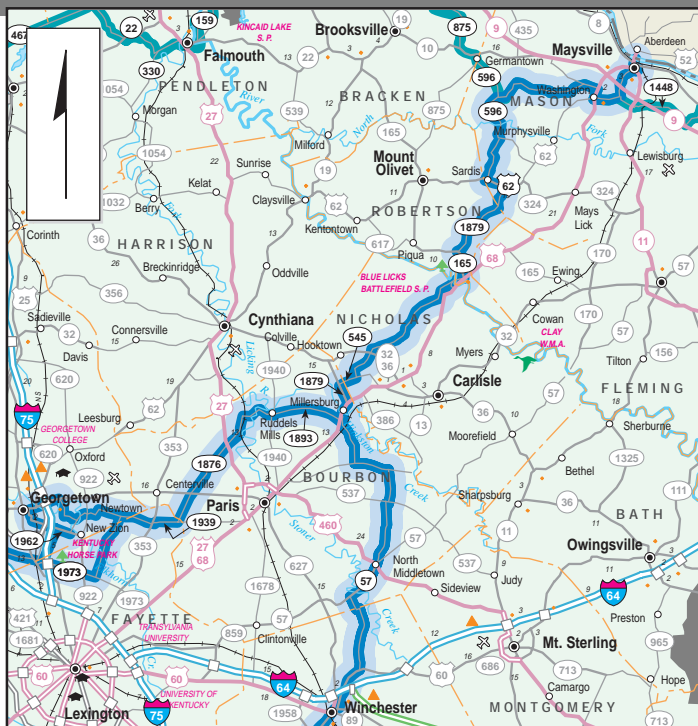


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Bluegrass Tour



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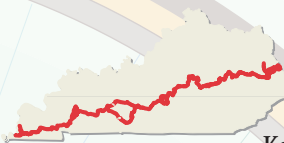
Midland Kentucky

The Midland tour takes you west to east across the center of Kentucky. You'll begin at **Land Between the Lakes**, a World Biosphere Reserve. Attractions include the Woodlands Nature Center and Homeplace-1850. **Cadiz**, near the shores of Lake Barkley, features the Woods & Wetlands Wildlife Center with a huge aquarium and walk-through wildlife park. Lake Barkley State Resort Park offers outstanding views of the lake.

Travel to secluded **Pennyrile Forest State Resort Park** near Dawson Springs for a meal and overnight. Or continue to scenic **Lake Malone**, surrounded by 200-foot cliffs and wooded sandstone bluffs, for a great picnic spot.

Bowling Green is home to the one and only GM Corvette Plant and the National Corvette Museum. Riverview — The Hobson House presents an elegant interpretation of Victorian family life from 1860-1890. The Green River Museum, north of Bowling Green in tiny **Woodbury**, highlights the colorful riverboat era.


Your next major touring area is dotted with caves, the largest of which is at **Mammoth Cave National Park**. Several tours are available at this World Heritage Site, but make reservations in advance. In **Horse Cave**, you'll want to see the American Cave



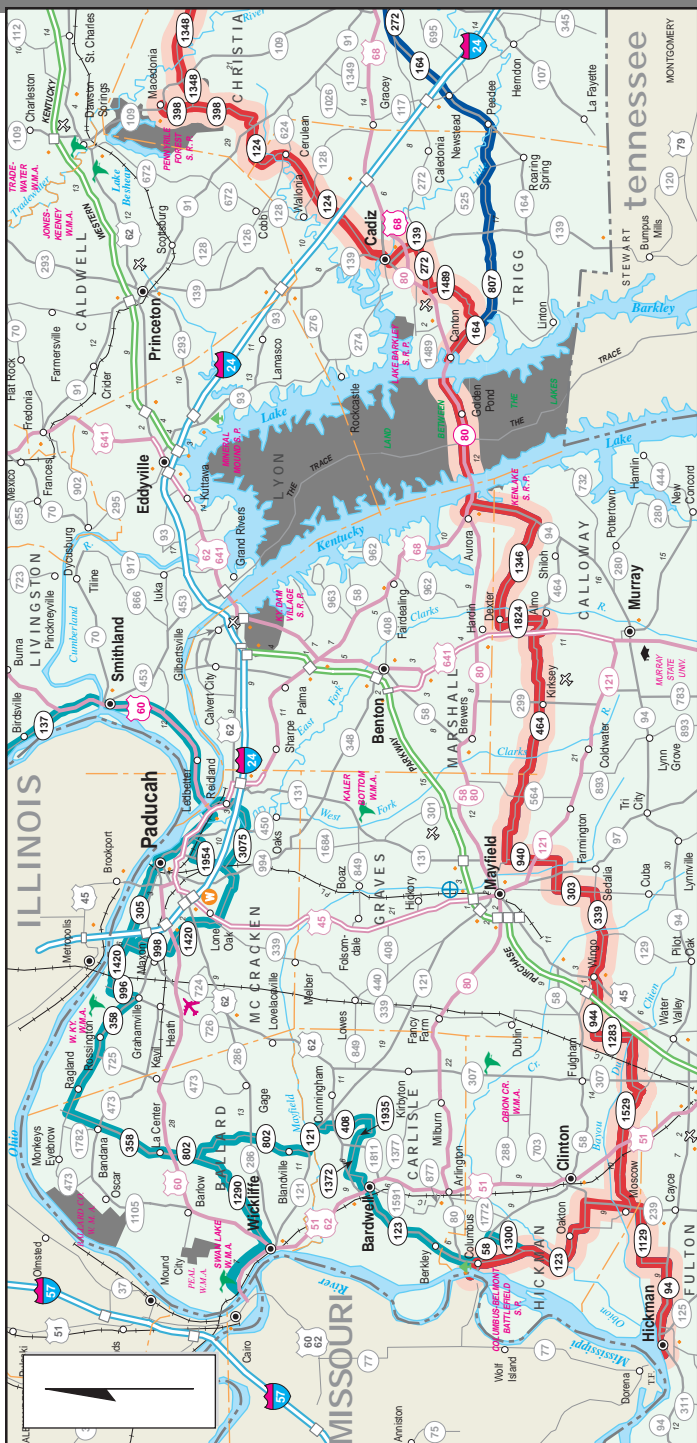
Museum, Kentucky Caverns at Kentucky Down Under, and for outstanding entertainment, Horse Cave Theatre, Crystal Onyx Cave, Diamond Caverns and the 15 tepees at Wigwam Village, are but a few of the other area attractions.

Both **Lancaster** and **Danville** preserve Kentucky's past. In Danville visit Constitution Square State Historic Site and the McDowell House & Apothecary Shop. Kentucky's greatest Civil War battle took place in nearby Perryville. **Berea** is Kentucky's "Crafts Capital." You can tour the studios of many professional craftspeople and artists.

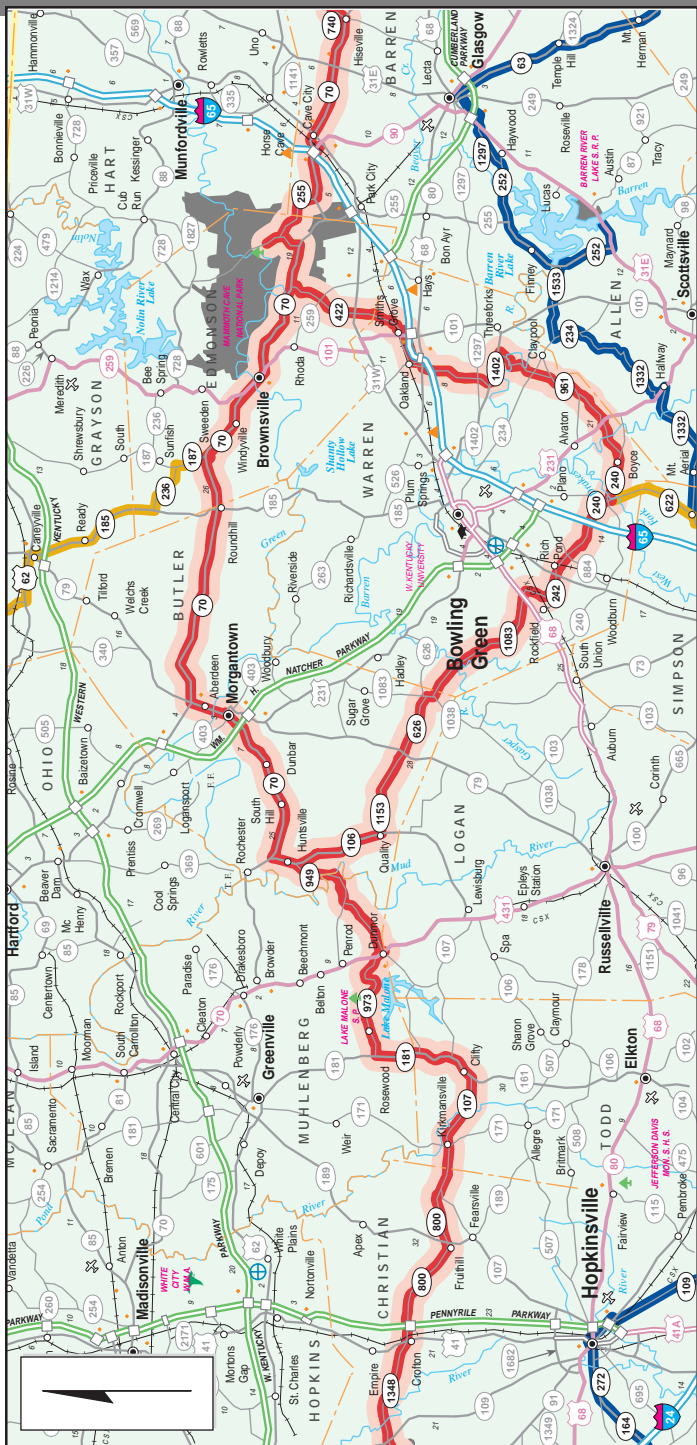
The spectacular **Red River Gorge** is next. This unique landscape has more than 80 natural arches and the largest concentration of rock shelters and arches east of the Rockies. A 30-mile loop features scenic overlooks and views the Red River. Natural Bridge State Resort Park is a great overnight stop.

In **Prestonsburg**, ride the chairlift at Jenny Wiley State Resort Park for a panoramic mountain view. We recommend you end your tour in the **Paintsville** area, known as the birthplace of the "Coal Miner's Daughter" Loretta Lynn. Be sure to see the Mountain Homeplace, a living history village depicting the rugged life of those who lived on the Appalachian plateau in the mid-1800s. 

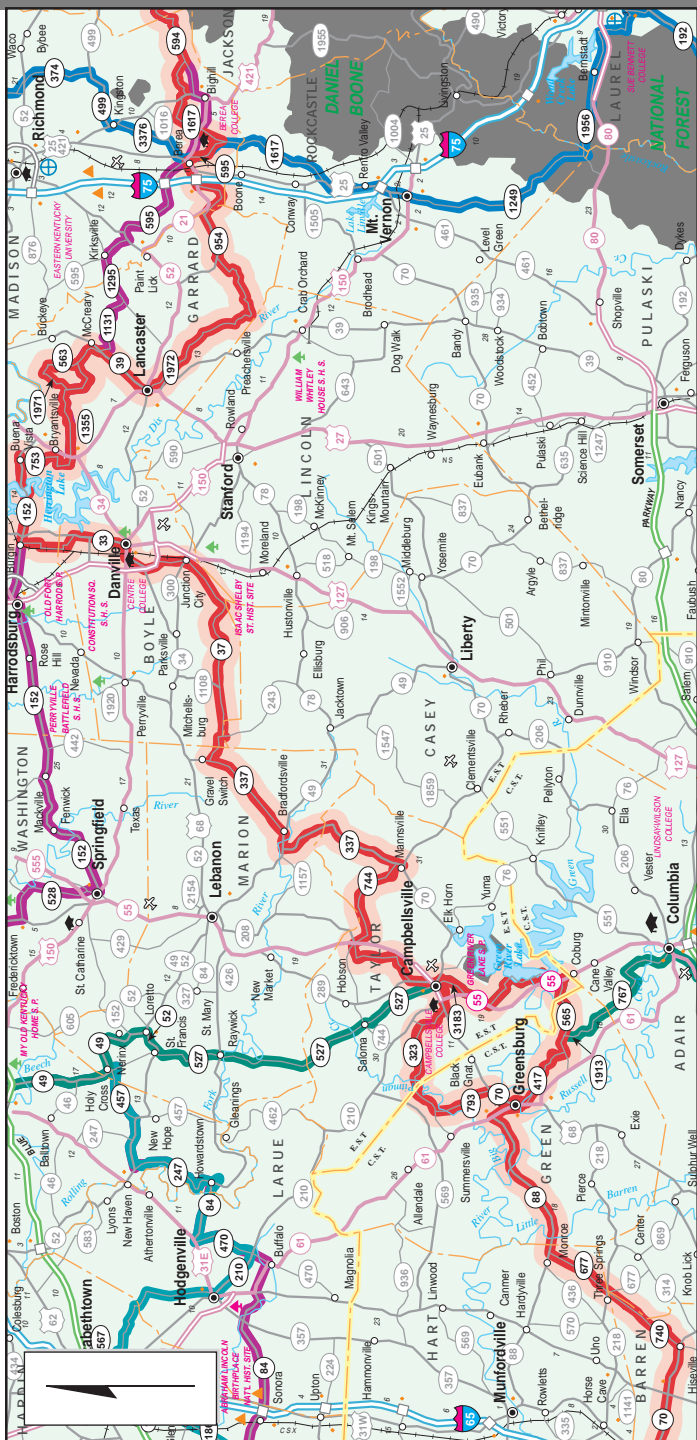
Midland Kentucky Tour



Midland Kentucky Tour

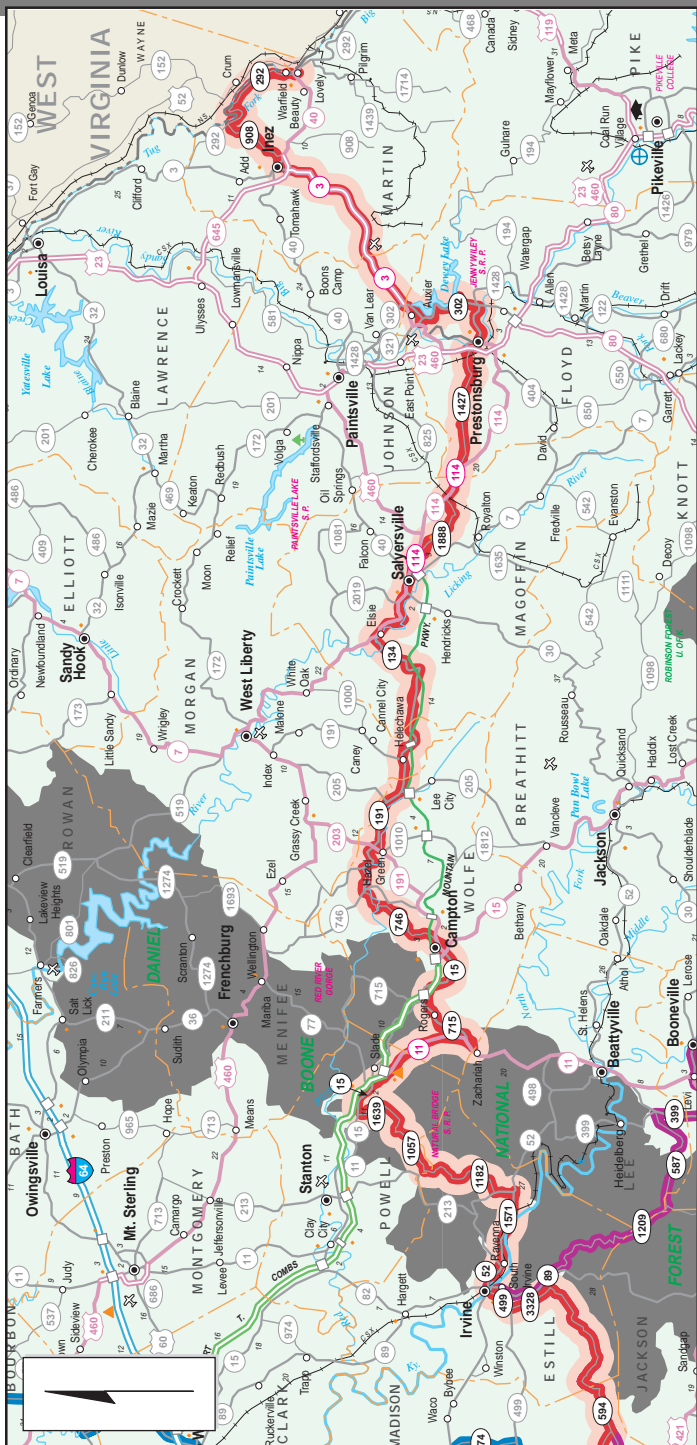


Midland Kentucky Tour



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Midland Kentucky Tour



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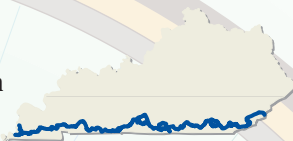
Southern Lakes

The Southern Lakes route roughly follows the Kentucky-Tennessee border from west to east, passing by some of the best outdoor recreational areas in the eastern U.S.

Begin your tour at the mighty **Mississippi River**. Near Columbus, stop at the state park to see the massive chain and anchor used to block Union gunboat passage on the river during the Civil War.

Land Between the Lakes is a fabulous outdoor playground for unlimited outdoor fun. Developed by the Tennessee Valley Authority, LBL is a 40-mile-long peninsula between **Kentucky** and **Barkley lakes**, with 300 miles of undeveloped shoreline. The Golden Pond Visitor Center has information and a great planetarium. LBL also offers lots of opportunities for mountain biking.

Rolling, tree-covered hills surround **Barren River Lake**. The lodges and cottages at this state resort park curve gracefully around this beautiful waterway. Nearby **Dale Hollow Lake** twists and turns through the Cumberland foothills. Both of these lakes offer fishing, boating and other activities at great resorts, including Lake Cumberland State Resort Park and Dale



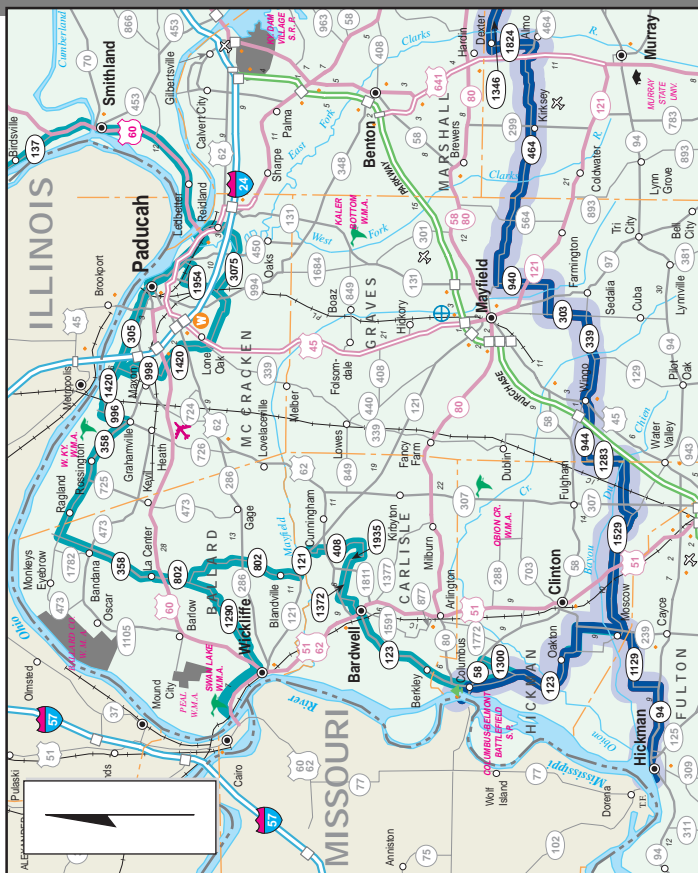
Hollow Lake State Park. **Lake Cumberland** is also known as one of the best striper fishing spots in the country.

The **Big South Fork National River & Recreation Area** is a wilderness paradise. Once heavily worked for its natural resources, the area has returned to its rugged natural beauty. Don't miss the scenic train ride to the Blue Heron Mining Community. Continue winding your way through the rugged beauty of the **Daniel Boone National Forest** over country once explored by Daniel Boone himself.

Another scenic spot is magnificent **Cumberland Falls**, the most impressive waterfall east of the Rockies except for Niagara itself. You might want to make the state resort park here an overnight stay and hope that you'll see the magical moonbow. Continuing east, **Pine Mountain State Resort Park** also offers a lodge and cottages for a great place to relax and take in the lush mountain scenery.

Your tour ends at the Kentucky-Virginia border. You'll want to stop at **Cumberland Gap National Historical Park**, a natural passage through the Appalachian Mountains used by early colonists to move west. 🚲

Southern Lakes Tour

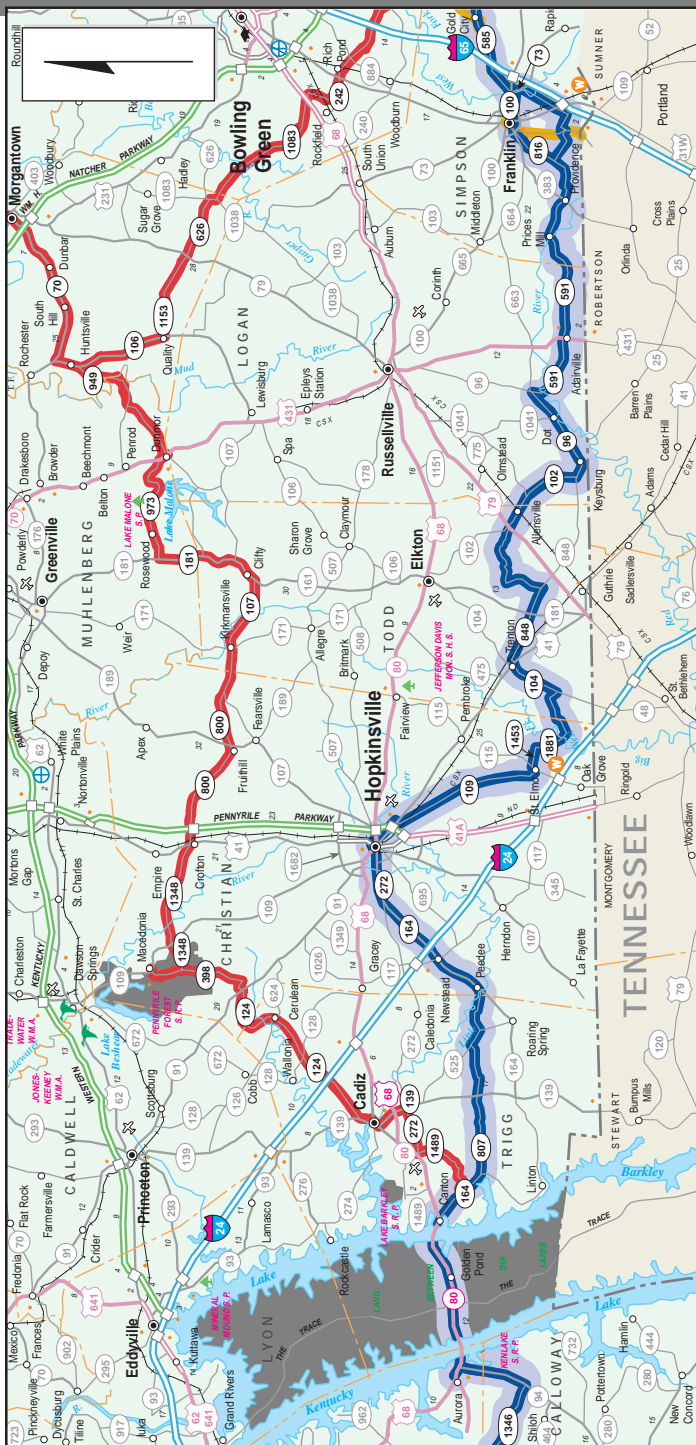


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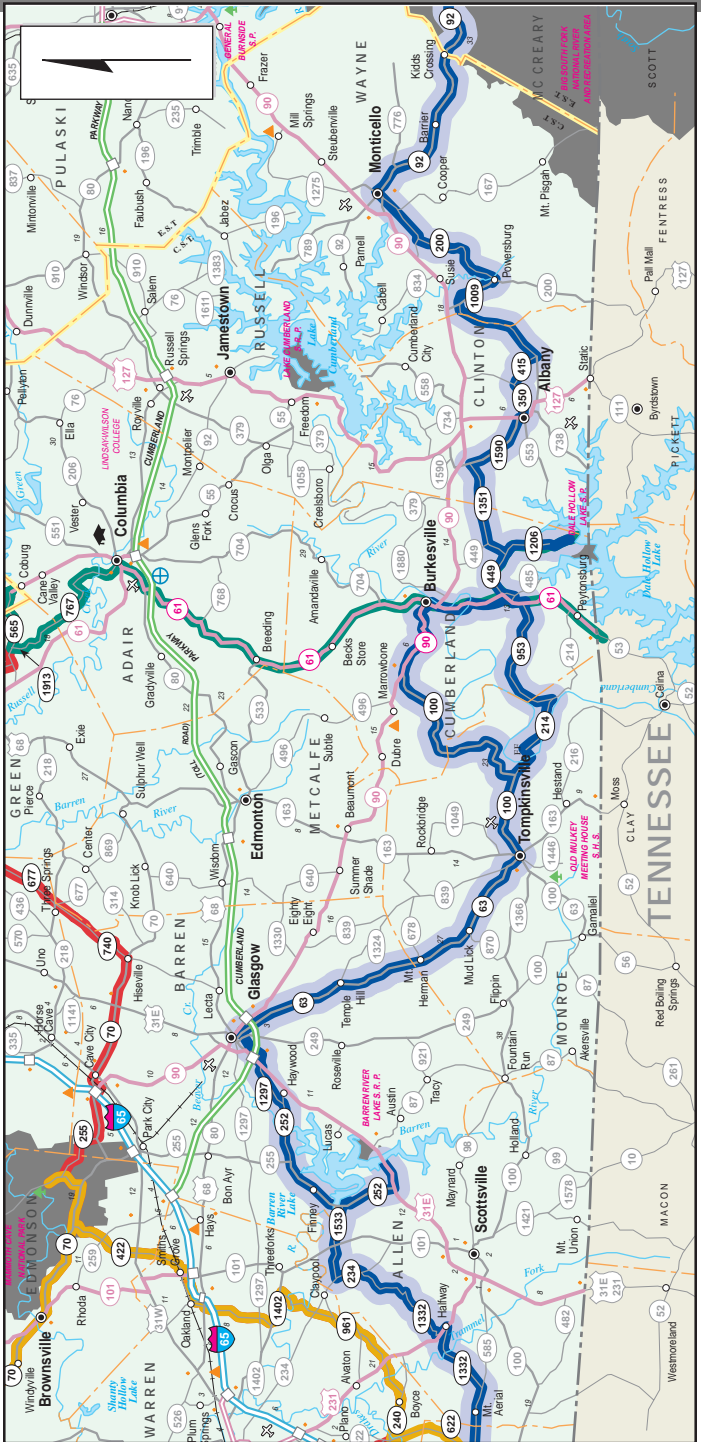
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- Ramblin' River Tour
 ■ Ky's TransAmerica Trail
 ■ Midland Kentucky Tour
■ Southern Lakes Tour
 ■ Central Heartlands Tour
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 ■ Mississippi River Trail

Southern Lakes Tour



Southern Lakes Tour



Southern Lakes Tour

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Central Heartlands

The Central Heartlands tour begins near the Tennessee border at **Dale Hollow Lake**, a beautiful resort lake nestled in the Cumberland foothills. The fishing is great here — the world record smallmouth bass (11 pounds, 15 ounces!) was caught near the state park. You can also enjoy boating and scuba diving.

South of **Campbellsville**, Green River Lake boasts superb muskie fishing. Campgrounds and marinas, including a state park, are scattered around the lake. The Atkinson-Griffin Log House at the visitor center served as a Confederate hospital after a nearby Civil War battle.

Near **Loretto**, Maker's Mark Distillery is the only operating National Historic Landmark in the country.

The Loretto Motherhouse was founded in 1812 as one of the first American women's religious communities.

South of Bardstown in **New Haven**, the Kentucky Railway Museum has a great collection of vintage coaches and other train memorabilia.

In **Bardstown**, stop to see Federal Hill, immortalized in song by Stephen Foster as My Old Kentucky Home. If you're on

a summer cycling trip, save time while you're at the park to see "The Stephen Foster Story." This exciting outdoor musical includes more than 50 Foster melodies.

The visitor center has information on the many different things to see and do in the area. Since you're in the "bourbon capital of the world," a tour of Heaven Hill Distilleries is a must.

Near **Taylorsville**, the picnic area at Taylorsville Lake State Park offer a great spot for relaxing. You'll want to take time in **Shelbyville** to explore Wakefield-Searce Galleries, with its fabulous collection of English and European antiques. For a delicious meal break, next door is the historic Science Hill Inn Dining Room.

The National Register historic district of the charming river city of **Carrollton** covers 25 blocks with 350 buildings! General Butler State Resort Park is nearby — several major mountain bike festivals are held here each year at Ski Butler. You'll finish up the tour along the Ohio River near **Warsaw**, where you can watch river traffic pass through the Markland Locks & Dam. 🚲

Central Heartlands Tour

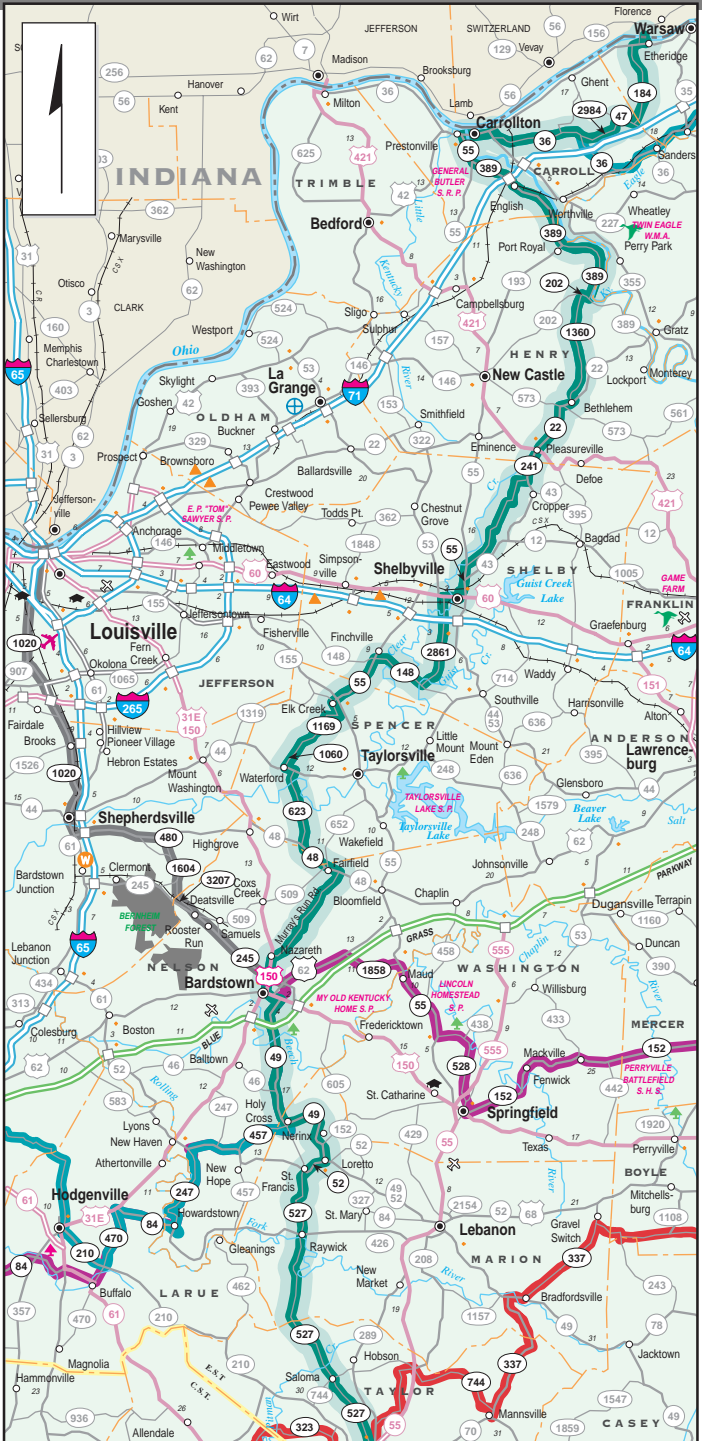


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Central Heartlands Tour



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Mammoth Cave

Your tour begins riding through rolling countryside to **Franklin**. The downtown historic district includes the Simpson County Archives & Museum in the old jail and jailer's residence, with wall drawings left by Civil War soldiers held prisoner here. A highlight of this tour is **Mammoth Cave National Park**. The park and surrounding area comprise the world's most extensive cave region. Mammoth Cave, with more than 345 miles of explored passageways, is the longest known cave system in the world! This World Heritage Site and International Biosphere Reserve supports several species of rare animal life and many types of cave formations, with the formative process still active. Above ground, there are 52,830 acres of scenic forest lands, including Kentucky's second largest tract of old-growth forest. A summertime cruise on the Miss Green River II is a great way to enjoy the scenery and wildlife.

Cycle on to **Brownsville** and "The Floyd Collins Story" outdoor drama. Entering Sand Cave in 1925, Collins became trapped. The attempted rescue of the explorer was one of the most widely reported events of the decade.

Continue to **Rough River Dam State Resort Park** overlooking a 5,000-acre lake. On KY-110 is Old Falls of Rough with circa 1870 buildings. Near Caneyville is the Pine Knob Outdoor Theatre, where you can see one of four shows: "Dock Brown-Kentucky Outlaw" and "Down in the Hoodoo Holler" involve Dock Brown, an infamous local character of the 1850s; "Lard" and "Daddy Took the T-Bird Away" recreate the 1950s.

The next town is **Cloverport** founded in 1808 on one of the most beautiful stretches of the Ohio. Four miles from town off KY-992 is Tar Springs, a resort of the 1800s with 100-foot high cliffs and 11 springs, each with a different mineral water.

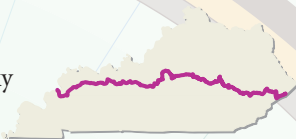
The tour ends in **Hawesville**, an old river town with a spectacular view of the Ohio River. The Hancock County Museum on River Street is housed in the 1901 railroad depot. The Pate House, 4-miles east on KY 334, is where 18 year-old Abraham Lincoln defended himself for operating a ferry without a license. Judge Pate was so impressed that he encouraged Lincoln to study law. 🚲

Mammoth Cave Tour



Kentucky's TransAmerica Bike Trail

The Kentucky section of this national trail is



more than 600 miles long. It runs west to east through the center of the state from rural Crittenden County at the Ohio River to the mountainous Pike County.

The tour takes you through rural gently rolling countryside from Kentucky's border at the Ohio River. **Rough River Dam State Resort Park** is a good stop for a meal or overnight. Another good stop is the roadside stands of the Amish who have settled in Crittenden County.

The next part of the tour continuing east from **Hodgenville** to **Bardstown** to **Springfield** to **Harrodsburg** is exceptionally rich in historical attractions. There's Old Fort Harrod, My Old Kentucky Home, "The Stephen Foster Story", Maker's Mark Distillery, Kentucky Railway Museum, and the Abraham Lincoln Birthplace National Historic Site to name just a few. A side-trip north of Harrodsburg leads you to Shaker Village of Pleasant Hill. You can tour, dine and overnight here in original buildings.


Don't miss a stop in **Berea**, the Crafts Capital of Kentucky. See the working studios of a

variety of crafts-people including

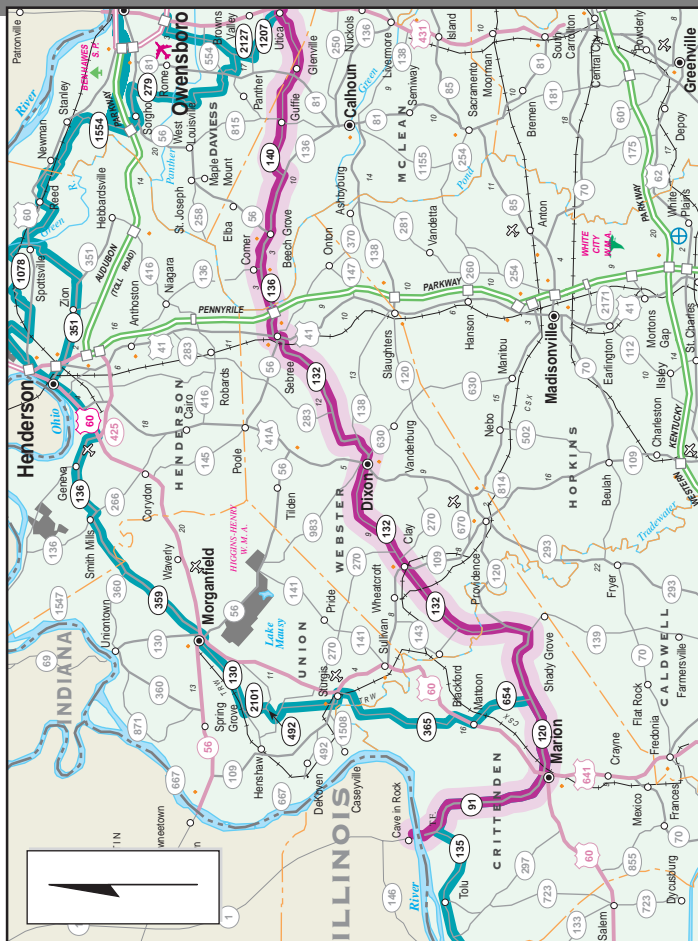
Churchill Weavers. A meal or overnight at historic Boone Tavern will make a memory.

Continue your way through the scenic **Daniel Boone National Forest**. North of the route is the beautiful **Red River Gorge**, a wild landscape of unusual vegetation and more than 80 natural arches sculpted by wind and water for 70 million years. A national recreational trail leads to some of the scenic and historic attractions within the gorge. **Natural Bridge State Resort Park** is nearby.

In **Booneville**, don't miss Pioneer Village, an original 1874 farm, and Morris Fork Crafts. A great stop for a meal or overnight is **Buckhorn Lake State Resort Park** tucked away in the mountains. **Hindman** is home to the Hindman Settlement School and Quicksand Crafts. Nearby is Carr Fork Lake.

The last part of the tour through Berea is over the challenging Cumberland Plateau of the Appalachian Mountain ending at **Breaks Interstate Park** on the KY-VA border. This magnificent, ancient gorge is inspiring. 

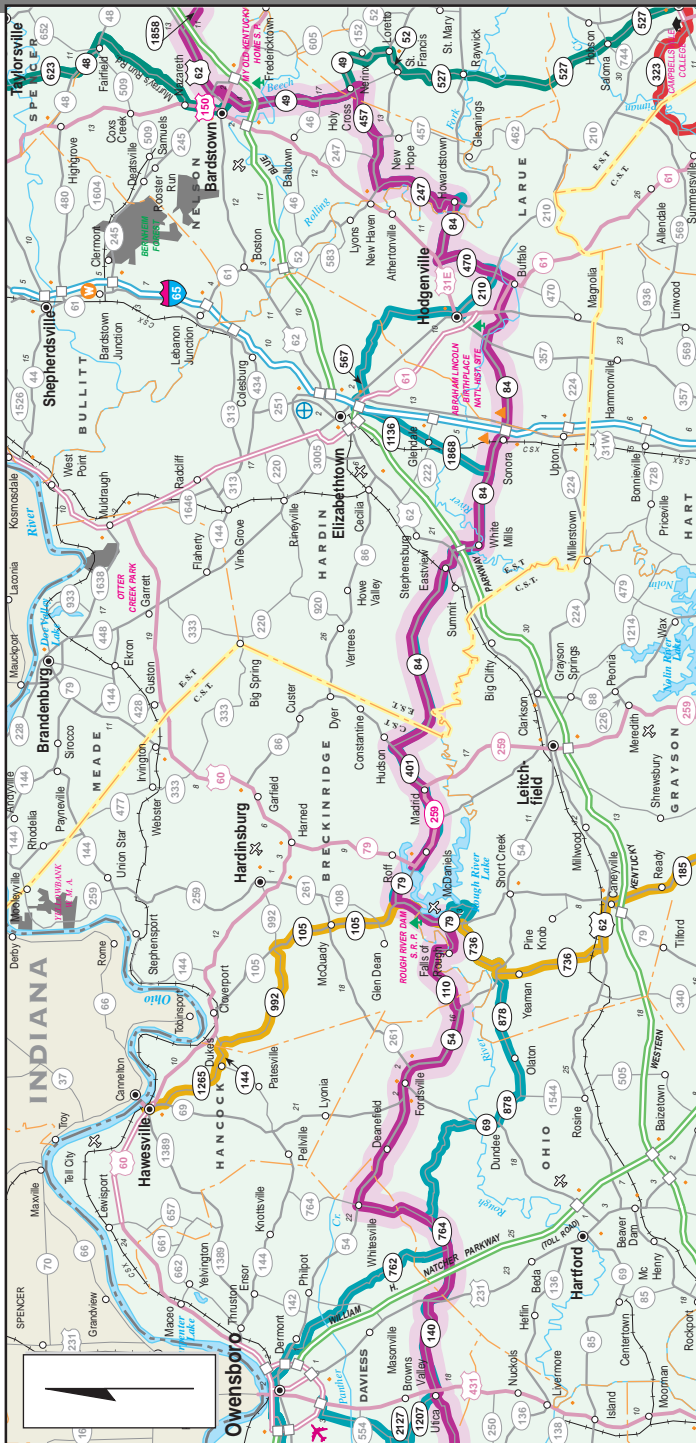
Ky's TransAmerica Trail



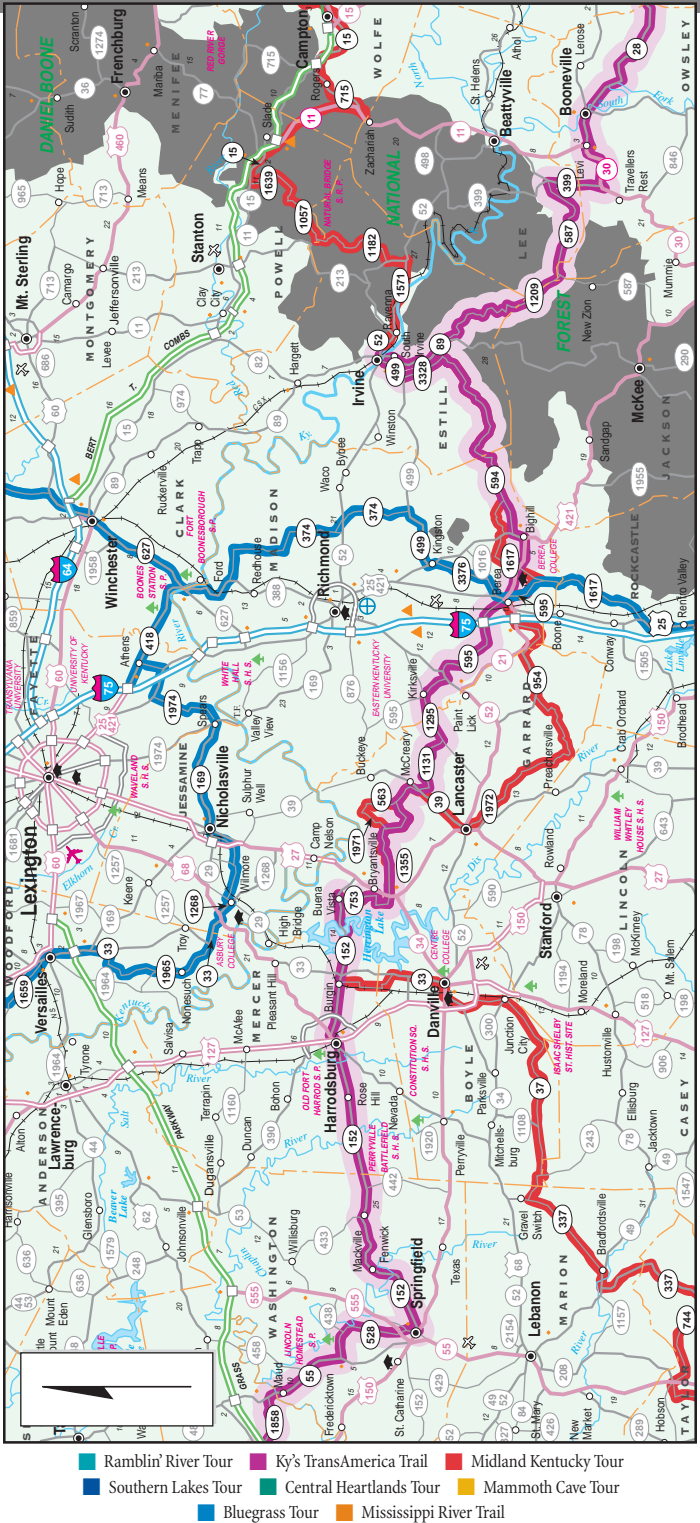
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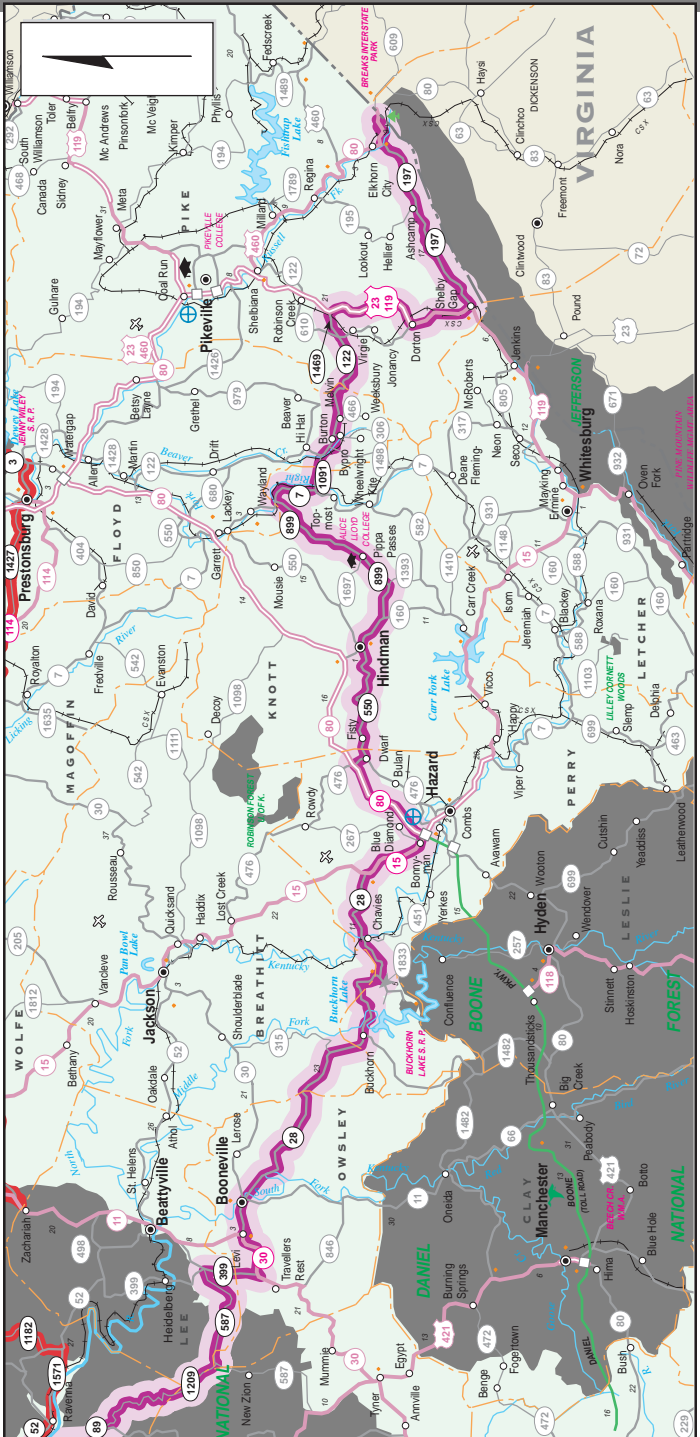
Ky's TransAmerica Trail



Ky's TransAmerica Trail



Ky's TransAmerica Trail



Mississippi River Trail

The Mississippi River Trail is a 7-state bike route that will offer over 1000 miles of bicycling adventure. Stretching from the northern terminus of St. Genevieve, Missouri to New Orleans, Louisiana the MRT will go through portions of Missouri, southern Illinois, Kentucky, Tennessee, Arkansas, Mississippi, and Louisiana. Each state will have portions of the route that weaves its way down the river into the Crescent City. The entire MRT should be complete by the end of 1998. Tennessee opened the first segment in 1996 and Kentucky's portion should be signed and ready by August of 1997. A description of the Kentucky portion is included below.

For more information on the MRT contact: Lower Mississippi Delta Development Center, 7777 Walnut Grove Road, Box 27, Memphis, TN 38120 901/753-1400, email-lmddc@magibox.net or visit the Web site <http://www.magibox.net/~lmddc/lmddcbik.html>

The Kentucky portion of the Mississippi River Trail begins at the north end of the bridge connecting Cairo, Illinois with Wickliffe, Kentucky. The route follows HWY 51 to HWY 1203, to HWY 123, to HWY 239, to HWY 94 to the Tennessee border. The first 5 miles has narrow bridges with fairly heavy traffic. The remainder is over flat to gently rolling country roads with very light traffic. Much of the route is designated a Ken-

tucky Scenic Byway. Limited commercial services are available in Wickliffe, Columbus (which has a great campsite at historic Columbus Belmont State Park), and Hickman (a historic river town).

This southbound route description was provided by the Lower Mississippi Delta Development Center.

Mile 0 Toll House Restaurant on HWY 51 at north end of Ohio River bridge. Caution: Bridge is 1.2 miles, narrow, and has fairly heavy traffic.

Mile 3.6 Caution: Narrow bridge extending 0.7 miles.

Mile 4.5 Wickliffe, KY (Motel, restaurants, groceries, convenience stores, camp in city park with permission.)

Mile 4.9 Right at stop sign continuing on HWY 51. (Wickliffe Motel is just across intersection.)

Mile 8.6 Enter Carlisle County.

Mile 10.3
Turn right on HWY 1203.
NOTE: If you need more supplies, an alternate route is to continue on HWY 51 to



Mississippi River Trail (cont.)

the town of Bardwell, and turn right on HWY 123.

Mile 12.8 HWY 1203 follows left fork of road at HWY 1308.

Mile 13.6 HWY 1203 follows right fork of road at HWY 1741.

Mile 16.8 Turn right on HWY 123 at stop sign.

Mile 20.1 Burkley community. Sometimes spelled Berkeley.

Mile 23.3 Town of Columbus (convenience stores).

Mile 23.8 Turn right to enter Columbus Belmont State Park. Year around camping. Snack bar during the summer. HWY 123 turns left.

Mile 24.0 HWY 123 turns right.

Mile 24.9 Alternate route along bluff overlooking the Mississippi River. This is a nice scenic route for hybrid or mountain bike tires, but the road is chip-and-seal and may not be a good choice for road tires. To take this overlook, turn right on Bluff Road. It leads back to HWY 123 after 6.2 miles. Note that other end of this loop is named Kough Road.

Mile 32.2 Oakton community.

Mile 35.8 Turn right on HWY 239 at stop. NOTE: If you need supplies, it's only about 2 miles to continue across 235 into the town of Clinton.

Mile 39.6 Enter Fulton County.

Mile 42.3 Turn right on HWY 94 west at 4-way stop, through the town of Cayce, KY (grocery). NOTE: From Cayce to Hickman, much of HWY 94 has been upgraded with wide shoulders.

Mile 45.4 Watch carefully for the Henson Broom Shop and Museum, maker of hand-made brooms.

Mile 50.6 Old river town of Hickman, KY. (Go straight on Moulton Street; then left on Wellington Street; straight on Brooklin; left on Hall Street; Hall becomes HWY 94.)

Mile 52.7 Leaving Hickman going South on HWY 94, you may consider the alternative route of riding on the Mississippi River levee to the town of Tiptonville, TN (a distance of approximately 20 miles). However, this route is largely gravelled. If interested, inquire locally about levee conditions.

Mile 64.6 Tennessee state line. 

Mississippi River Trail



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The following rules are from the Kentucky Driver's Manual. This is provided for your information and convenience. This is not an official text of Kentucky laws regarding bicycles.

BICYCLES

Traffic laws, highway signs, rules-of-the-road, and safety requirements apply to bicycles the same as other vehicles. Not all people ride bicycles, but as a driver you must be aware of their rules and regulations. This section includes:

BICYCLE LAWS

Kentucky law states that cyclists shall:

“Be granted all the rights and be subject to all the duties” applicable to drivers of any vehicle. A bicycle is a vehicle, not a toy, and, as such, must obey the traffic rules and regulations pertaining to all highway users. Motorists should regard bicyclists as they would any other vehicle.

Some counties have local traffic laws called ordinances. These control the operation and parking of bicycles within city limits. As a driver, it is important for you to know what they are and to obey them at all times.

RULES FOR BICYCLISTS

- ⊗ Never use Interstate and Parkway systems for cycling.
- ⊗ Use hand signals to communicate your actions to other vehicles.
- ⊗ Obey the instructions of official traffic-control signals and signs. Stop at stop signs and for stop lights just like a motor vehicle.
- ⊗ Operate a bicycle within posted speed limits or at a rate reasonable for existing conditions.
- ⊗ Ride a bicycle on the right side of the road *with* traffic.
- ⊗ Yield to pedestrians in crosswalks and sidewalks, and give an audible signal (bell, horn, voice) before passing pedestrians.
- ⊗ When riding at night, operate the bike with a white light visible from the front and a red reflector or light visible from the rear.
- ⊗ Reflector tape may be used for added visibility.
- ⊗ All slower-moving vehicles, including bicycles, shall drive as closely as practical to the right-hand boundary of the highway. Extreme caution should be used when moving out into the center of the road to avoid road debris, to pass another vehicle, or to make a left turn.

- ⊗ DO NOT RIDE ON THE SIDEWALK.
- ⊗ Never park a bicycle on a sidewalk in such a way as to interfere with pedestrian traffic.
- ⊗ Ride on a bike path adjacent to the roadway, if one is provided.
- ⊗ Carry no more persons than the number for which the bicycle is designed and equipped.
- ⊗ Never ride more than two abreast so as to interfere with the normal movement of traffic.

RULES FOR MOTORISTS CONCERNING BICYCLES

A motorist must:

- ⊗ Share the road with bicycles.
- ⊗ Before passing a cyclist, look to see if there is loose debris on the pavement that might cause him/her to move into the center of the lane. Pass a cyclist only when it can be done safely, and give ample room (3 feet) between your car and the cyclist. Realize the air turbulence your vehicle can create at high speeds or in windy weather. Give the cyclist extra room if your vehicle has extended outside rearview mirrors. Return to the lane only when you are safely clear of the overtaken bicyclist.
- ⊗ Look for cyclists. Because of their narrow profile you will need to develop your eye-scanning patterns to include bicyclists.
- ⊗ At turns and intersections, cyclists should signal but are not always able to because both hands may be needed to control their bicycle. When you are turning right after passing a cyclist, leave ample room so you don't cut him off when you slow for your turn.
- ⊗ When opening your car door, check behind for cyclists.
- ⊗ At night be extra alert, and don't use your high beams for they will temporarily blind the cyclist.
- ⊗ Remember, bicyclists are not special and privileged. They have the same rights, rules, and responsibilities as all other highway users.

For More Tourism Information

Now that you've seen the suggested routes and chosen the one you'll cycle first, we hope you'll want to know more about the many attractions you'll pass along the way.

For the toll free reservation numbers for any one of our 15 state resort parks, call **1-800-255-PARK**.

The *Official Kentucky Vacation Guide* lists attractions as well as state parks, campgrounds, bed & breakfasts and hotels and motels. Your free copy also includes the calendar of events and fold-out highway map. Simply call:



1-800-225-TRIP

or write

Kentucky Travel

PO Box 2011, Frankfort, KY 40602

Any Suggestions?

If you have any suggestions for the routes in this publication or other bike routes, please contact the Kentucky Transportation Cabinet's Division of Multimodal Programs, 125 Holmes Street, 3rd Floor, Frankfort, KY 40622. Or call 502/564-RIDE (7433).



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